

FOCUS BOOST WORKOUT

CIRCUIT 1

2 MINUTE

**FROGGIES
(JUMPING JACKS)**

Target Area: Lower Body



1 MINUTE

**GATORS
(PUSH-UPS)**

Target Area: Core & Upper Body



1 MINUTE

**CHAIRS
(SQUATS)**

Target area: Lower Body



1 MINUTE

**ROLY POLIES
(CRUNCHES)**

Target area: Lower Body



For more details refer to p.41-45 in the book.

WEEKLY PROGRESS TRACKER

30 min.	Set 6							
25 min.	Set 5							
20 min.	Set 4							
15 min.	Set 3							
10 min.	Set 2							
5 min.	Set 1							
TIME/SET		SUN	MON	TUE	WED	THU	FRI	SAT